

What to Expect After Delivery



Transition to Postpartum

Now that you have delivered, you are ready to focus on your recovery and care for your new baby!

- We will be transitioning you to postpartum care. Our staff are experts in newborn and postpartum nursing.
- Your nurse and clinical partners will be here to help you with your baby.

Rooming In

In general, your baby will be with you throughout your stay.

- This is important so you can continue bonding with your baby and become comfortable caring for them before you continue your journey at home.
- If you experience fatigue or medical needs arise and rooming in is not possible, we have a nursery available for your baby to receive care.

Newborn Feeding

There are many ways in which babies can get the necessary nutrition they need.

- You may choose to exclusively breastfeed, exclusively formula feed, or use a combination of both breastmilk and formula.
- Whichever option you choose, our staff is here to help you to be successful.
- If you are breastfeeding, we have lactation consultants here to get you off to a great start on your journey.

Discharge Timeline

Hospital stays are usually 1 to 2 days for vaginal deliveries and 3 days for Cesarean deliveries, though many patients can be ready sooner.

- Your discharge will depend on the medical needs of you and your baby.
- 10am is our discharge time.
- Please ensure you have transportation ready in the morning. Please have your car-seat base installed and bring the seat up for discharge; we will double check the placement of your baby in the car-seat.
- Please let your nurse know if you have any concerns regarding discharge time.